

Running Events: 4:00 pm start

1. 4x800 M Relay
2. 100/110 M Hurdles
3. 100 M Dash
4. 1600 M Run
5. 4x100 M Relay
6. 400 M Dash
7. 300 M Hurdles
8. 800 M Dash
9. 200 M Dash
10. 3200 M Run
11. 4x400 M Relay

Field Events: warmups start at 3:45pm

Jumping: 4:00 pm start

High Jump: Boys followed by Girls
Triple Jump: Girls followed by Boys
Long Jump: Boys followed by Girls

Throwing: 4:00 pm start

Girls Shot followed by Discus

Boys Discus followed by shot

Javelin: Open 4:00-6:00 pm